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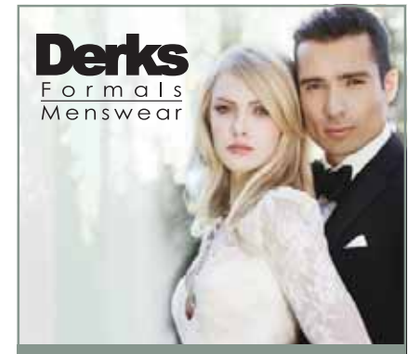

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FEELING THE LOVE

Rapper Macklemore of the duo Macklemore & Ryan Lewis accepts the best new artist award onstage during the 56th Grammy Awards at Staples Center in Los Angeles on Sunday. The Seattle-based act won a total of four awards, including best rap album for The Heist. More Grammys coverage, page 13.

KEVORK DJANSEZIAN/GETTY IMAGES

Calgarians bound for Sochi Games on high alert

Olympic-sized warning. Games 'present attractive targets' for attacks, public safety minister says

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Courtney Lancaster had the time of her life at the 2010 Vancouver Olympics.

The 23-year-old Calgary resident hoped to relive some of that magic with her best friend at the upcoming Sochi Games, due to kickoff in two weeks.

But right now she's more nervous than anything.

"It's not going to be like it was in Vancouver," she said Sunday. "We're not sure. We're still thinking we'll go, but we're playing it by ear."

Discussion over which world-class athletes will stand atop the podium in Russia appears to have taken a back seat in recent weeks to fears of terrorist attacks, security perimeter breaches and what the Canadian federal government has deemed as "particularly vulnerable" areas of Russia, like airports and border crossings.

Fuelling the fears for travellers like Lancaster is a warning issued over the weekend by Canadian Public Safety Minister Steven Blaney, who said both the Olympics and subsequent Paralympic Games "present attractive targets" for terrorists.

"Canadians travelling to the Sochi 2014 Winter Games should take sensible precautions and maintain a high level of vigilance and be aware of their personal surroundings at all times and at all places," Blaney said in a statement.

Lancaster said she's in contact with a Sochi resident directly involved in organizing the Games who she plans to stay with during her four-day Olympic stay.

She's planning to backpack around Europe anyway but will stay away from the Sochi area should the situation appear unstable.

Other Calgary residents say they plan to go regardless, but won't be sightseeing like they would have at other Games locales where the security risk appeared lower.

Kelsey Linsig's husband coaches with the national ski-jumping team and she'd been looking forward to taking in the first women's Olympic competition in the sport for years. She said she only just became aware of the apparent threats in the Sochi area.

"I get a little bit scared about the public transportation … we don't have a car there so we're forced to take public transportation," said Kelsey Linsig.

"I think we're just going to go from the hotel (to) Canada House (to) venue and then back to the hotel, that's it."

Other Calgary residents bound for the Games appear unfazed by the warnings. Much like Lancaster, Ben Meszaros is backpacking around Europe and plans to stop by Sochi for a few days to take in hockey, slopestyle, cross-country skiing and other events. He said his mom is a little worried, but he's fully committed, having likely invested $8,000-10,000 into the adventure.

"It's the Olympics," Meszaros said. "With the world right now, a lot of places you go are dealing with the same issues."

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Overcrowding

Data projects a campus crush

Calgary's two major universities could be hard-pressed to squeeze students into every nook and cranny for many more years, according to data released by the province earlier this month.

The Campus Alberta Planning Resource for 2013 projects potential student demand up to the 2020-21 school year and found that while Calgary's eight post-secondary institutions will, as a whole, be able to accommodate new learners, both Mount Royal University and the University of Calgary are lacking physical space.

The situation appears particularly troublesome at the U of C, as forecasts suggest the school could be 4,147 physical spaces short of peak student demand.

"It does come down to funding," said Conner Brown, external vice-president with the school's Students' Union.

"If they could add 4,000 spots this September, it would be done."

Concerns over space come as Alberta already copes with the lowest post-secondary participation rate in Canada.

But Dave Hancock, Alberta's deputy premier and new advanced education minister, said a strong labour market and steady stream of both inter-provincial and international migrants can skew participation numbers.

Even so, he added, "Obviously ... we want to get admission levels to where anyone who aspires to an advanced education and is qualified to do so can get one." JEREMY NOLAIS/METRO

Calgarians that live in apartments and townhouses and are envious of the blue bins already rolled out to single-family homes, like the ones seen above, are due to have mandatory on-site recycling options of their own come 2016. METRO FILE

City eyes recycling for multi-family buildings

Environment. Proposal part of push to divert 80 per cent of waste from landfills by 2020

JEREMY NOLAIS
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Apartment, townhouse and condominium dwellers across Calgary will soon be able to recycle everything from newspapers to pop bottles and plastic bags without straying from home — if city councillors give the green light to a multi-family recycling strategy.

The plan has been in the works since 2011 and would cover all residents living in buildings with five or more housing units. The 163,000 Calgary dwellings falling into that category are believed to have tossed 17,000 tonnes of recyclable materials into city landfills in 2012.

"It's a challenge.... What you see is that in the multi-family units where they don't provide a recycling option, people don't recycle," said Ward 11 Coun. Brian Pincott.

But city administrators will bring forward a proposal this week to work hand-in-hand with private contractors and building owners to make recycling options in multi-family dwellings mandatory come 2016. Currently, it's up to building owners to decide whether to offer an on-site recycling service, and only a little over a third do so, according to a report.

Pincott said he sees merit in working with the private sector to deliver the recycling service because providers are already familiar with associated challenges.

Devin Goss, co-owner of BluPlanet Recycling, agreed. His company already collects materials from 200 buildings in the city featuring 15,000 units.

"Every single building has a bit of a different layout," he said. "If the city really wants this program to be successful, it needs to be flexible, and that's why we felt the private market was the best equipped to serve that need."

It's also believed the model proposed can be launched faster and at less cost than alternative options discussed during consultation with industry and the general public.

Price of progress

If council adopts the suggested strategy, $700,000 would be dedicated to rolling out the program.

- $350,000 would be allocated annually to maintain communication and education within the community.

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To the beat of his drum

Tech. Ex-skater hopes his audio feedback system will help speedskaters fine-tune their stride

JEREMY NOLAIS
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Once a competitor himself, a University of Calgary graduate student now hopes the world's top speedskaters will march — ahem, stride — to his beats.

Andrew Godbout has used his savvy computer-science skills to develop a real-time audio feedback system he believes can help skaters fine-tune or regain top form.

The system graphs a skater's strides and then develops an associated rhythmic beat they can listen to while streaking around the ice. Maintain perfect form and the beat will play out exactly as it should, but drop a shoulder or rush through a stride and the rhythm will shift in response. The hope is the skater can then better realize where their form is deviating and work to correct it.

Godbout came up with the system while striving to improve as a skater himself with Canada's national team. What he found was the majority of feedback provided by coaches only covered a small portion of the track and was generally offered at the end of a few laps, long after an error had been made.

"It's a 400-metre track," he noted. "At best, you see your coach once every 30 seconds. With this, you try something and you hear the results immediately."

Godbout said, when perfected, his system could allow skaters who've been off the ice for extended periods of time coping with injuries or other challenges regain their optimal form. It could, in turn, also give young up-and-comers the opportunity to mimic the form of more seasoned pros.

"Supposing I want to skate like Jeremy Wotherspoon (a Canadian long-track superstar who recently retired) and supposing I had him as a recording, I could hear how my cadence compares to him," he said.

Godbout will be taking in the speedskating action at next month's Sochi Games, but only as a fan, cheering on the 17-skater long-track squad announced last week. After that, it will be right back to work in hopes of one day having his system play a role in getting an athlete onto the Olympic podium.

Andrew Godbout is seen at the University of Calgary's Olympic Oval, home to many of the world's top speedskaters. Godbout has developed a real-time audio feedback system he believes could aid competitors with fine-tuning or regaining their stride. Inset: Godbout is seen during his time as a competitive long-track speedskater with Canada's national team. ROBSON FLETCHER/METRO; INSET: COURTESY ARNO HOOGVELD

In competition

Andrew Godbout competed in the men's 10,000-metre long-track speedskating event at the 2008 World Cup in Moscow. He placed 18th.

Manora Hill NE

Suspects sought after shots fired

Police are on the hunt for suspects after several shots were fired at a northeast Calgary garage Sunday.

Officers were called to the 100 block of Manora Hill NE around 6:20 a.m.

No one was harmed in the incident, but it's believed two or three people involved in the shooting fled the scene in a stolen vehicle, according to police Det. Steve Adair. METRO

South of Taber

RCMP on case of animal cruelty

Taber RCMP have identified a "person of interest" in a case of alleged animal cruelty in southeast Alberta.

Police were called Jan. 24 after the body of a dead dog was found tied to a fence post on a property south of Taber. RCMP were able to confirm that the dog had been beaten with a blunt object and then shot.

Anyone with info is asked to contact the Taber Vauxhall RCMP detachment at 403-223-4447. METRO

Calgary Parking Authority updating popular app

Troy McLeod, head of the Calgary Parking Authority, says he's thrilled with the initial uptake of the MyParking app. METRO FILE

New bells and whistles are being added to a smartphone app already used by tens of thousands of Calgary commuters hunting for a parking spot in the downtown core.

The MyParking app has been downloaded by more than 36,000 people since it was first unveiled in December 2012 and it already makes up 44 per cent of the total cellphone customers registered with the Calgary Parking Authority.

The offering allowed initial users to activate and deactivate parking sessions with the click of a button and also hunt for available stalls before venturing into the core.

"Part of it's the word-of-mouth.... We have ambassadors who use the software and say, 'Wow, this is way easier,'" explained Authority general manager Troy McLeod.

Now, final touches are being made to add new features to a second version of the app due out toward the middle of 2014.

It will allow users to request immediate assistance from authority officers, report parking violators, find the cheapest parking rates in real time and send other commuters a GPS location of available parking.

Customers will also be able to top up their ParkPlus accounts and review summaries of their recent parking sessions.

The MyParking app is currently only offered for Apple devices, but plans are in the works to roll it out on other platforms in the near future, McLeod said.

The authority also offers voice-prompt and text-message options to begin and end parking sessions. JEREMY NOLAIS/METRO

By the numbers

The Calgary Parking Authority currently manages 14,357 stalls, 6,396 of which are on-street spots and 7,961 of which are found in surface lots or parkades.

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Kelly Lai and Natalie Arseneau, co-founders of Kitchen Collective. CONTRIBUTED

Hungry for grub — or company?

Kitchen Collective provides. Startup aims to unite people around a laden dinner table

ROBSON FLETCHER
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Coming to Calgary by way of Hong Kong and British Columbia, Kelly Lai and Natalie Arseneau have a good sense of what it's like for newcomers to the city to meet new people and develop that sense of home.

"When you're moving, you leave behind your family, your circle of friends," said Lai. "You don't get that family dinner on Sunday night or your established circle of friends to go out and eat with."

That's a need the pair hopes to satisfy with their startup, Kitchen Collective, which aims to serve Calgarians who love good food and want to meet new people.

The idea, in a nutshell, is to connect aspiring and professional chefs with people willing to host dinner parties and people wanting to attend them.

Both recent MBA grads with an interest in food culture, Lai and Arseneau have put together a handful of preliminary events so far and aim to attract more participants and continue expanding.

Interested participants can find more information at kitchencollective.ca and also sign up to take part in the beta-testing stage.

What kind of people are they looking for?

"The type of people that love food and seek out new food experiences!" they write on the site. "Collective members are curious about food and have a strong sense of community."

Northwest

One person flees bedroom blaze

One man was able to escape a fire in a northwest home Saturday evening.

Firefighters were called to a home in the 1400 block of Nutana Place N.W. around 9:30 p.m. Saturday and were confronted with heavy smoke upon their arrival.

They located the fire in the bedroom of one half of a side-by-side duplex and quickly extinguished it.

The fire was confined to the single room. Investigators were still trying to determine the cause.

METRO

EPark. Edmonton holds onto Calgary's parking meters a while longer

EPark meters will stay on downtown streets a little while longer, but the city still plans to remove the machines that have been a big hit with users.

The pilot project that uses machines from the Calgary Parking Authority, which was supposed to end in early January, is being extended into late March or early April.

Bohdan Maslo, acting director of parking management, said the machines have an 80 per cent customer-satisfaction rate according to recent polling.

"We are very pleased with that, but what it does is confirms the direction we're taking," he said.

The parking meters are part of a technology exchange pilot program with Calgary, but the city eventually wants to replace all 3,200 parking meters with pay-by-plate technology. Maslo said the city is expecting Calgary to be a bidder on the contract, so it would be unfair to have its machines on the streets during the bidding.

"We don't know if they will, but that would probably be a fair assumption," he said.

RYAN TUMILTY/METRO IN EDMONTON

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Iraq

Many killed after shootings, car bombs

Car bombings and shootings killed 13 people across Iraq on Sunday, authorities said, as militants kidnapped soldiers in an embattled province where al-Qaida-linked fighters hold portions of two major cities.

Kirkuk deputy police chief Maj. Gen. Torhan Abdul-Rahman Youssef said three car bombs exploded Sunday afternoon simultaneously in separate residential neighbourhoods. Youssef said the blasts killed four people and wounded 14. On Sunday night, a car bomb went off near a Sunni mosque in Mishahda area, killing three people and wounding 13 others, said police and hospital officials. THE ASSOCIATED PRESS

Israeli-Palestinian conflict

Settlers shouldn't have to move: Netanyahu

Israeli Prime Minister Benjamin Netanyahu believes that all Jewish settlers should have the right to remain in their homes in a future Palestine, an official in his office said Sunday.

The approach was immediately rejected by the Palestinians and settlers themselves.

In years of negotiations, it has been assumed that any Jewish settlers not inside Israeli territory under a future peace deal would have to be removed. But Netanyahu believes there is no reason for a future Palestinian state to be "ethnically cleansed," the official said. THE ASSOCIATED PRESS

Maryland

Motive for shooting not yet known: Police

The gunman who shot two people to death at a Maryland mall had no criminal record, police said Sunday, but little else is known about the 19-year-old and whether he knew his victims before he killed them.

Howard County Police Chief William McMahon said investigators are trying to determine whether Darion Marcus Aguilar knew either of the victims, who were both employees of a shop called Zumiez, which sells skateboards, clothing and accessories and is on the mall's upper floor. McMahon offered no motive for the shooting. THE ASSOCIATED PRESS

Teen flies plane after pilot faints

Australia. Pilot was unconscious for around 45 minutes

A teenager described on Sunday how he took the controls of a light plane for more than half an hour after the pilot passed out during a joy flight over rural Australia.

Troy Jenkins, 19, said the single-engine Cessna 150 was only 10 minutes into a flight from the New South Wales state farming town of Forbes on Saturday afternoon when the pilot Derek Neville, 61, lost consciousness.

Jenkins said he had taken the controls before while flying with Neville, a family friend. Jenkins flew circles around Forbes airport at a steady altitude of 610 metres for around 45 minutes before the pilot came to.

"Keeping it up wasn't a problem, it was the landing part I wasn't sure of," Jenkins said. "I was pretty scared."

Jenkins said he had landed a plane only once before and that was with Neville's supervision. Jenkins was relieved that the pilot had regained consciousness moments before they were to land.

"He sort of poked me in the right direction and we both brought it down," Jenkins said. They landed safely.

After the landing, Neville was flown to Orange Base Hospital, where he remained on Sunday. His wife Merle Neville said he had undergone heart and brain scans, but doctors had yet to diagnose the problem. THE ASSOCIATED PRESS

Quoted

"Keeping it up wasn't a problem, it was the landing part I wasn't sure of."

Troy Jenkins, 19
The teen took the controls of a light plane after the pilot lost consciousness.

Collection of Nazi's never-before-seen papers to be published

This undated photo provided by German newspaper Die Welt shows a trove of letters, notes and photos that were in possession of an Israeli family. The letters are believed to be written by Nazi SS leader Heinrich Himmler and had not been shown to the public. The newspaper said the material is contained in an eight-part series it plans to publish (search "Insight into the orderly world of a mass murderer" on www.welt.de). Himmler is considered to be one of the Nazis most responsible for the Holocaust. DIE WELT/REALWORKS LTD./THE ASSOCIATED PRESS

Sweden. Foreign minister announces visit to Iran

Sweden's Foreign Minister Carl Bildt says he will visit Iran in early February, a result of the country's improved diplomatic relations with the West.

Bildt wrote on his blog Sunday that he will travel to Iran next week, where he will also hold official talks with Iran's Foreign Minister Mohammad Javad Zarif. THE ASSOCIATED PRESS

Valerie Trierweiler. Ex-first lady heads to India

A day after splitting up with France's president, Valerie Trierweiler launched a new stage in her life Sunday with a charity visit to India.

The ex-first lady arrived in Mumbai on Sunday night. Trierweiler is on a long-scheduled humanitarian mission in India, which she maintained despite a weeklong stay in a hospital last week. THE ASSOCIATED PRESS

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Syria peace talks lead to deal for city under siege

Syrian opposition chief negotiator Hadi Bahra, left, and Louay Safi, spokesman for the Syrian National Coalition, leave a meeting in Geneva on Sunday. SALVATORE DI NOLFI/KEYSTONE/THE ASSOCIATED PRESS

The city of Homs. Activists say about 800 families are trapped without regular access to food or medicine

Two days of face-to-face peace talks yielded a narrow and tentative agreement Sunday for women and children trapped in a blockaded Syrian city, and the government said President Bashar Assad had no intention of giving up "the keys to Damascus."

With little progress to show after months of international pressure for the conference in Geneva, the UN mediator hoping to broker an end to Syria's civil war defended their pace.

"I think being too slow is a better way than going too fast," Lakhdar Brahimi said. "If you run, you may gain one hour and lose one week."

The limited agreement to let women and children leave a blockaded part of the old city of Homs, under negotiation for at least two days, fell far short of expectations and was called into question by multiple reports of government shelling.

The talks have yet to touch upon the issue of a possible transitional government — their purpose according to terms laid out when they were first conceived. But the government was unequivocal that Assad's future was assured in the country led by his family since 1970. THE ASSOCIATED PRESS

Quoted

"This is a red line. If some people think we are coming here to give them the keys of Damascus they are wrong."

Syrian Deputy Foreign Minister Faisal al-Mikdad

Congo

Explosions kill and wound many

The United Nations peacekeeping mission in Congo says explosions from an arms depot near the diamond-mining hub of Mbuji-Mayi have killed more than 20 people, injured 50 people and destroyed many houses. THE ASSOCIATED PRESS

India

Tourist boat sinks

A boat carrying local tourists capsized Sunday in India's Andaman Sea in the Bay of Bengal, killing 21 people, officials said. Thirteen were saved and 11 are believed to be missing. THE ASSOCIATED PRESS

Advance voting. Thai protesters force closure of many polling stations

Anti-government demonstrators swarmed dozens of polling stations in Thailand on Sunday to stop advance voting for next week's general elections, chaining gates shut, threatening voters and preventing hundreds of thousands of people from casting ballots.

A protest faction leader was fatally shot in a confrontation near a voting centre that also left 11 people wounded, the city's emergency services said.

The chaos underscored the precariousness of Thailand's fragile democracy, and the increasing weakness of Prime Minister Yingluck Shinawatra's elected administration. Yingluck had called the Feb. 2 vote in a failed bid to ease months of street protests, but police did not disperse the crowds because of longstanding orders to avert violence, which many fear would give the all-powerful army reason to stage a coup. THE ASSOCIATED PRESS

A Bangkok resident shows her support to anti-government protesters on Sunday. WASON WANICHAKORN/THE ASSOCIATED PRESS

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‘We will try to find the strength to get through this’

L’Isle-Verte. Owner of fire-ravaged seniors’ home speaks about tragic loss of life to over 1,000 gathered at commemorative mass

A woman holding a picture of her husband, who died in last week’s seniors’ residence fire, arrives for a commemorative service for the victims on Sunday in L’Isle-Verte, Que. RYAN REMIORZ/THE CANADIAN PRESS

The owner of a Quebec seniors’ residence that burned to the ground offered his condolences to the victims Sunday.

Speaking to a throng of reporters outside the church in L’Isle-Verte, Roch Bernier said it was not the right time to say whether he would rebuild the residence.

He said the mass, attended by more than 1,000 people, was a day for the victims, the missing and residents of the town.

Bernier received a standing ovation as he stood up to speak at the mass.

“What you’re living inside, we are living it inside as well,” he told the gathering, which included Quebec Premier Pauline Marois and Liberal Leader Philippe Couillard. “We will try to find the strength to get through this.”

A more formal commemorative ceremony, featuring more dignitaries, is scheduled for this Saturday. Sunday was a chance for the tiny Quebec village to voice its collective grief, with priest Gilles Frigon calling it “a first step toward healing.”

Meanwhile, authorities said there was no change in the number of victims. Ten people have been confirmed dead and 22 others are missing and presumed dead after Thursday’s blaze at the Résidence du Havre.

Searches were hampered Sunday by bitter cold, poor visibility, blowing snow and winds up to 90 km/h, provincial police Lt. Guy Lapointe told a news conference.

Marois arrived in L’Isle-Verte on Sunday to see first-hand the results of the fatal fire, cutting short a trip to Europe to deliver condolences in the village of about 1,500.

The premier called the brutal blaze “unacceptable” and said she hopes such a tragedy never repeats.

THE CANADIAN PRESS

Back in session

Scandal, budget likely to dominate Parliament

MPs return to Parliament Monday with the spectre of the Senate expenses scandal still hovering over the government, which says it intends to remain focused on the economy.

But New Democrats and Liberals believe the ongoing investigation will keep the government mired in the scandal. THE CANADIAN PRESS

Privacy

Border officials to share personal info with gov’t

Canadian border officials plan to share personal information obtained under a new Canada-U.S. border program with other federal departments. The Canadian Border Services Agency said data would only be passed in accordance to stringent rules. TORSTAR NEWS SERVICE

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Hundreds rally in Ottawa to ‘save Canada Post’

Around 300 protesters marched through downtown Ottawa en route to the Prime Minister’s Office (PMO) Sunday to protest government plans to end door-to-door mail delivery.

Marching to the beat of Bob Marley’s Get Up, Stand Up, the employees, most of them from Montreal, blew whistles and waved signs while shouting, “Save Canada Post” as they converged at the PMO for the rally.

“This is not just an attack on Canada Post and our customers, this is an attack on our whole country and everybody who lives in this country,” said Ian Anderson, president of the Canadian Union of Postal Workers (CUPW) Ottawa local, to a roar of cheers.

“We need to stop this corporation and stop this government — it’s an attack on everybody.”

The Crown corporation is eyeing $900 million in savings every year by replacing foot delivery with community mail boxes and increasing postage prices. The feds also plan to cut thousands of jobs over the next five years.

The plan doesn’t sit well with Sid Ryan, the president of Ontario Federation of Labour, who rallied the crowd Sunday.

“This social program of postal delivery has been in place for 150 years. It is one of those social programs that unites our country, just like the health-care system,” he said. “We’re not going down without a fight.”

TREVOR GREENWAY/METRO IN OTTAWA

Billie the dog walks along with about 2,000 people marching through the streets of Ottawa in support of the CUPW, which rallied outside Prime Minister Stephen Harper’s office Sunday. FRED CHARTRAND/THE CANADIAN PRESS

NSA engages in industrial espionage: Snowden

Interview on German TV. Intelligence leaker alludes to revelations to come

Former NSA contractor Edward Snowden claimed in a new interview that the U.S. agency is involved in industrial espionage.

In the interview, aired Sunday night on German public television broadcaster ARD, Snowden said if German engineering company Siemens had information that would benefit the U.S., but had nothing to do with national security needs, the National Security Agency would still use it.

It wasn't clear what exactly Snowden accused the NSA of doing with such information — he only said he didn't want to reveal the details before journalists did.

Snowden also told ARD television that he was no longer in possession of any NSA documents, because he had passed them all on to a few selected journalists and that he had no further influence on the release of the files.

He also said U.S. government representatives wanted to kill him, according to a simultaneous German translation by the station. Snowden referred to an article he had read on Buzzfeed in which U.S. government representatives had told a reporter that they wanted to kill him. THE ASSOCIATED PRESS

Former NSA contractor Edward Snowden. THE ASSOCIATED PRESS/THE GUARDIAN FILE

Israel

Whistle-blower freed

Israel's prison service says a former soldier who passed hundreds of classified documents to a newspaper reporter has been freed after more than two years in jail. Spokeswoman Sivan Weizman said Anat Kamm walked free Sunday morning.

Kamm began serving a prison term in 2011 after being convicted of passing military information to a reporter. THE ASSOCIATED PRESS

Seasick

Outbreak aboard cruise ship

U.S. health officials on Sunday boarded a cruise ship docked in the U.S. Virgin Islands to investigate an illness outbreak that has stricken nearly 10 per cent of passengers with gastrointestinal symptoms including vomiting and diarrhea.

Officials said that 281 passengers aboard Royal Caribbean International's ship have reported getting sick. THE ASSOCIATED PRESS

End-of-life debate. Brain-dead, pregnant woman is taken off life support

Erick Munoz stands with an undated photograph of himself, left, with wife Marlise and their son, Mateo. AP PHOTO/THE FORT WORTH STAR-TELEGRAM/RON T. ENNIS, FILE

The family of a brain-dead, pregnant Texas woman said Sunday afternoon that she has been removed from life support following a judge's ruling that a Fort Worth hospital was misapplying state law in the case.

A statement sent Sunday afternoon by lawyers for the husband of Marlisa Munoz says she was disconnected from life support about 11:30 a.m.

Judge R.H. Wallace had given the hospital until 5 p.m. Monday to comply with his ruling to remove Munoz from life support, which Erick Munoz says is what his wife would have wanted.

She was 14 weeks pregnant when her husband found her unconscious Nov. 26, possibly due to a blood clot.

Both the hospital and family agreed before Wallace's ruling that Marlise Munoz meets the criteria to be considered brain-dead, which means she is dead both medically and under Texas law, and that her fetus, at about 23 weeks, could not be born alive this early in pregnancy.

The case has raised questions about end-of-life care and whether a pregnant woman who is considered legally and medically dead should be kept on life support for the sake of a fetus. THE ASSOCIATED PRESS

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India's village councils stuck in past

Judge and jury. Deeply conservative 'khap panchayats' dictate everything from women's dress to due punishments

Santhal tribal women gather Friday in a village where a woman was gang raped Monday, allegedly on the direction of a village council at Subalpur, about 180 kms north of Kolkata. The woman told police the attack was punishment for falling in love with a man from a different community and religion. THE ASSOCIATED PRESS

In the hours after her six-year-old daughter was kidnapped eight years ago by her ex-boyfriend who had refused to marry her or care for their child, Rimaila Awungshi appealed for help from the most powerful authority she knew — the council of elders in her rural Indian village.

But the village elders remained indifferent to the single mother's pleas, thereby supporting the child's custody with her father.

Across much of rural India, these powerful and deeply conservative local councils are the law of the land. They serve as judge and jury, dictating everything from custody cases to how women should dress to whether young lovers deserve to live or die.

They often enforce strict social norms about marriage and gender roles.

These unelected and unregulated courts now are coming under fresh scrutiny after police say a council of elders in West Bengal ordered the gang rape of a 20-year-old woman as punishment for falling in love with the wrong man.

"We are going back to the 16th century," Pradip Bhattacharya, a politician in West Bengal, said this week as news of the gang rape began to spread in a country already reeling from a string of high-profile cases of sexual violence against women.

Village councils are common in India with vast rural communities, serving as the only practical means of delivering justice in areas where local governments are either too far away or too ineffective to mediate disputes. Often, the elders try to halt the march of the modern world, enforcing strict social norms about marriage and gender roles.

In some of the most extreme cases, the councils have sanctioned so-called honour killings, usually against women suspected of out-of-wedlock sex. Known as khap panchayats in northern India, the councils act with impunity because villagers risk being ostracized if they flout the rulings.

The courts can be especially harsh toward women, enforcing the most conservative aspects a patriarchal system that is deeply entrenched in Indian society.

In many ways, the councils show how centuries of patriarchal traditions often clash with the values of a modern world in India.

THE ASSOCIATED PRESS

Probe ordered

India's top court takes up gang-rape case

India's Supreme Court has lashed out at the khaps, saying they amount to vigilante justice, are "wholly illegal" and should be stamped out.

On Friday, the Supreme Court took up the case of the gang rape of the 20-year-old West Bengal woman, ordering an investigation on a "suo moto" basis — meaning the court acted on its own, without a request from either side.

The West Bengal case has revived long-standing criticisms of the khaps, with critics saying they are nothing more than kangaroo courts delivering medieval rulings.

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Lock your virtual doors and windows

HOW TO ROLL
Alison Griffiths
metronews.ca

How can I hack thee? Let me count the ways. Actually, the number of hackable devices/technologies and programs is rising so quickly any list is outdated the moment it's created.

They (the hackers) are now peeking into your always-on nanny cam, taking a trip via your luggage tracking device and breaking into your home computer locks.

Lest you think this is hyperbole, hobby hacker Amy Webb, head of Webbmedia Group, notes in a recent article, "Our ever-expanding tech playground is mostly unsupervised. There is no playground teacher to blow a whistle when another kid takes control of your Bluetooth headset. There is no Norton Antivirus software for your garage door opener."

Fortunately, most of what we do is, quite frankly, not worth hacking. Still, when it happens, it's a huge nuisance.

Witness the massive annoyance that resulted after the credit card breaches at Target and Neiman Marcus over the holidays. Cancelling cards, changing pins, passwords and watching account activity carefully has been a royal pain. Last week a Reuters story found at least three other major retailers have been similarly attacked.

And just this week, I had to cancel a credit card because an unidentified merchant site had been "compromised."

While Canadian chip credit cards are more secure than U.S swipe cards, there are other security concerns — investment accounts, for example. My discount brokerage requires only a simple number-based code for log-in and password. Worse, I am allowed to use the same password for trading and access to the account. Six numbers gets me in and offers the key to trades and transfers.

Cyber security tips

- Turn off peripherals when not in use, including gaming consoles.
- Use long passwords made up of nonsense sentences with a capital letter and numbers, such as: "myKidhas4noses-1yelloweye&37legs."
- Use a number sequence, not a name, to identify your Wi-Fi network or mobile hotspot.

Most people don't monitor their investments — TFSA, RESP, RRSP, RRIF and non-registered account — regularly. That creates vulnerability. Protect yourself by being aware. Read investment statements monthly.

Avoiding hacking completely is tough, but you can take preventative action.

Money can't buy their land (for now)

Ron and Jeanne Crumly, seen on their family farm in Page, Neb., say they have no intention of signing to allow the Keystone XL pipeline on their land — whatever they're offered. Cash offers have been skyrocketing, as much as sevenfold, for holdout Nebraska landowners who are willing to sign quickly to allow the Keystone XL pipeline onto their property. The landowners say they've received written offers from pipeline builder TransCanada Corp. in the last few weeks offering exponentially more money than initially promised, on the condition that they sign soon. Those offers are pouring in at a pivotal moment for the Canada-U.S. pipeline, whose proponents hope to start building this year. One family says it was initially guaranteed $8,900 US in 2012 to allow the pipeline through its farm. Now, according to an offer sheet dated Jan. 13, 2014, the figure has surged to $61,977.84 US. But, just like that old marketing slogan says, the offer's good for a limited time only. Included in the price tag is a $27,000 signing bonus that shrinks the longer they wait — after 30 days it falls to $18,000, then after 45 days it disappears entirely. ALEX PANETTA/THE CANADIAN PRESS

Study. Can't get Jacob to eat his carrots? Wrap 'em in a pretty package

Mmmm, this food is great, look at the wrappers! GETTY IMAGES FILE

A University of Calgary study suggests wrapping food up in a pretty package is as likely to influence a child's food choice as a brand name like McDonald's

Prof. Charlene Elliott's study builds on one done by Stanford University a few years ago.

The Stanford study found that preschoolers thought foods wrapped in a McDonald's wrapper tasted better than the identical food presented in a plain wrapper. Children in the study even preferred the taste of carrots wrapped in McDonald's wrapping.

Elliott felt the Stanford study lacked depth, so she modified it.

In Elliott's study, 65 pre-school-aged children were asked to choose between food pairs presented in various wrappings including Starbucks — a brand children might not be familiar with. Kids were asked to choose between McDonald's and plain white wrapping; McDonald's and colourful non-branded wrapping; and McDonald's and Starbucks wrapping.

For fries and carrots, the majority of children indicated the samples tasted the same. Yet for those children who did indicate a preference, more children preferred the taste of fries and carrots in the Starbucks wrapping over McDonald's. "So wrap it up in a pretty package," she said. THE CANADIAN PRESS

Accepting cybercurrency

Bit by bit, Bitcoin is catching on

Will that be cash, credit card or Bitcoin?

A small number of Canadian businesses now accept Bitcoin, the digital currency that made its debut five years ago, and has been gaining momentum ever since.

Among the retailers is Quebec bed-and-breakfast operator David Mancini, who expects the payment method will have a practical appeal for foreign tourists visiting his community of Baie-Saint-Paul.

Bitcoin transactions are seen as more convenient than other forms of payments as they are sent directly and instantly from one person to another, avoiding processing and other fees usually charged by banks or third parties.
THE CANADIAN PRESS

The world's first Bitcoin ATM in Vancouver in 2013. GETTY IMAGES

Getting Alberta's oil to U.S. carries risk: Study

U.S. scientists are warning that there are environmental risks, regulatory holes and serious unknowns regarding the shipment of Alberta oilsands products by pipeline, rail and tanker.

The findings are in a 153-page report from last September by the emergency response division of the U.S. National Oceanic and Atmospheric Administration. The unit has expertise in preparing for, evaluating and responding to oil and chemical spills in coastal environments.

Enbridge, the company behind the proposed Northern Gateway pipeline to the British Columbia coast, counters that most of the concerns raised in the report are out-of-date, overstated or being resolved.

The study examined the different ways to transport Alberta's bitumen, a molasses-like crude oil, over U.S. land and water.
THE CANADIAN PRESS

Rare occurrence

The study does point out that only a handful of spills have occurred in the U.S. and Canada.

Not if, but when

"In my mind it's not a question of whether a spill will occur, but how well-prepared we are for a spill once it does occur."

Prof. Robert Pavia of the university's School of Marine and Environmental Affairs, who supervised the report written by six experts at the University of Washington.

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WHY BIEBER DOES WHAT HE DOES

High Plains Drifter

James Callsen
calgary@metronews.ca

I can't believe I'm actually writing a column about Justin Bieber.

Of all the things I could be using this space for, be it to talk about some pressing issues in our community, or even some young Canadian artists who deserve some attention, instead I'm talking about someone who has no shortage of press and does little to nothing to warrant it.

However, I'd like to set the record straight on a few things when it comes to the Biebs, so maybe then we can stop talking about him and move onto something more important.

Why is anyone surprised by Bieber's behaviour? The alleged drug use, the spitting, the drunk driving, drag racing, graffiti and brothel visits shouldn't be raising that many eyebrows. We sit back and point fingers with our shock and disgust, but has anyone paused for a single minute to realize that JB has zero concept of the reality that 99 per cent of North Americans deal with everyday.

Think about it for a second. Justin Bieber has never been broke. He's never been a broke teenager who couldn't get the shoes he wanted or go out for the weekend. He's always been thick with cash and has never had to deal with the struggles, stress and everything else that comes from not having money.

He's also never had to worry about girls. He's always had an army of screaming girls wherever he goes, so he's never had to learn the kind of humility that comes from getting rejected by a member of the opposite sex. Lastly, Bieber has never, ever had to worry about saying something sideways to another man and getting smacked around. When you have a personal detail of ex-Israeli special forces types keeping any haters at bay, you never learn about getting too big for your britches (or in this case, those weird saggy/tight pants he wears).

When you take a 19-year-old boy with a limitless supply of cash, girls and a small personal army, you have a recipe for his ridiculous behaviour that seems to have no regard for human safety, common decency or good taste.

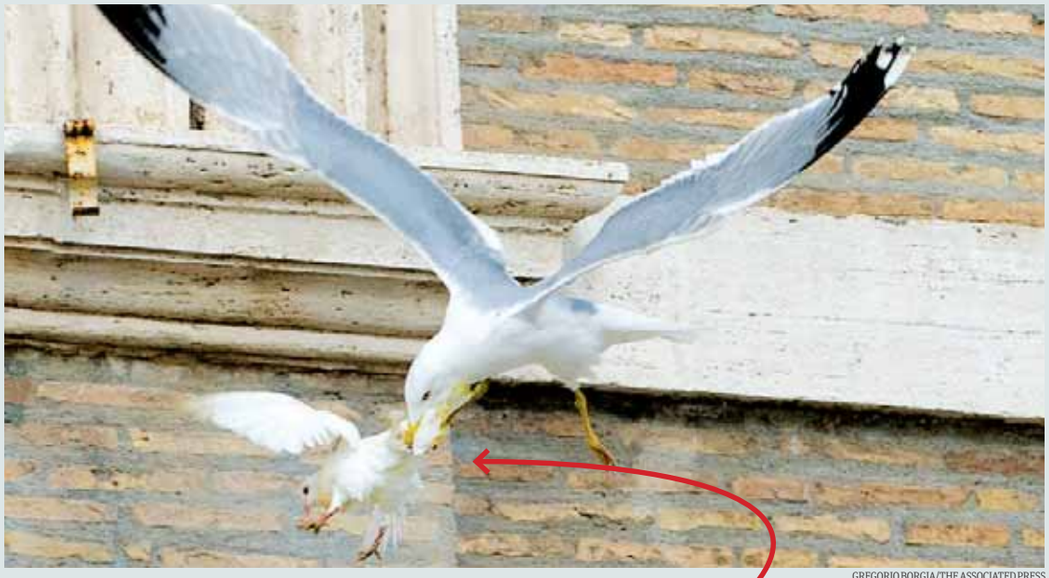
So the next time Bieber is making headlines, you shouldn't be shocked. However if it upsets you or disgusts you, flip the page and give some bandwidth to some issues that really do matter or at the very least, some Canadian musicians who really do need attention.

It's in his jeans

When you have a personal detail of ex-Israeli special forces types keeping any haters at bay, you never learn about getting too big for your britches (or in this case, those weird saggy/tight pants he wears).

ZOOM

Pope's symbol of peace snatched



GREGORIO BORGIA/THE ASSOCIATED PRESS

Pope Francis looks at two children as they free doves during the Angelus prayer he celebrated from the window of his studio overlooking St. Peter's Square, at the Vatican Sunday. GREGORIO BORGIA/THE ASSOCIATED PRESS

Seagull attacks released dove

A dove which was freed by children flanking Pope Francis was attacked by a seagull moments later.

The symbol of peace came under attack at the Vatican. Two white doves were sent fluttering into the air as a peace gesture as tens of thousands of people watched in St. Peter's Square below. After the Pope and the two children left the windows, a seagull and a big black crow quickly swept down, attacking the doves, including one which had briefly perched on a windowsill on a lower floor. One dove lost some feathers as it broke free of the gull, while the crow pecked repeatedly at the other dove. The doves' fate was not immediately known.

While speaking at the window, Francis appealed for peace to prevail in Ukraine. THE ASSOCIATED PRESS

Clickbait

LUKE SIMCOE
Metro Online

Now that folks have figured out how to safely jailbreak iOS 7, iPhone users can once again wade into a world of mobile apps that weren't approved by the ghost of Steve Jobs. Here are some of the more popular and useful jail-broken apps. To use them, you'll have to jailbreak your iPhone (instructions can be found on the Internet, but proceed at your own risk) and install the unofficial app store, Cydia.

GETTY IMAGES

BatterySafe:

If you're less than satisfied by your iPhone's battery life, try BatterySafe. When your phone gets low on power, BatterySafe automatically turns off power-hungry features like Bluetooth and Wi-Fi.

Activator:

This app allows you to create custom gestures and button combinations. For example, you could use the volume rocker to launch an app or create a gesture to send you to your home screen.

Bloard:

An example of the breadth of tweaks available for jail-broken phones, this simple app lets you use the sleek, dark keyboard by default in iOS 7.

CCControls:

This handy application lets you customize iOS 7's new control centre, letting you change the look and feel as well as add other toggles.

Twitter

@metropicks asked: A teen takes control of a plane after the pilot faints. What would be your reaction in this situation?

@DariaTuhtar: To quote Carrie Underwood: "Jesus, take the wheel."

@TaraEWilkins: I'd like to think I'd do the same but I'd probably have a panic attack and throw up. Sadly, it wouldn't be the first time I've done that either...

@notmattdaubs: I would try to channel the ghost of Leslie Nielsen.

@edmontongue: i would dirty my pants

@KashifMasudAwan: I would announce: do we have any working pilots on plane, lol

@Canucklehead_ca: Clearly take advantage of the distraction to commandeer the bar cart.

@nightowlsinc: Put my head between my legs and kiss my ass goodbye.

WE WANT TO HEAR FROM YOU:
Send us your comments: calgaryletters@metronews.ca

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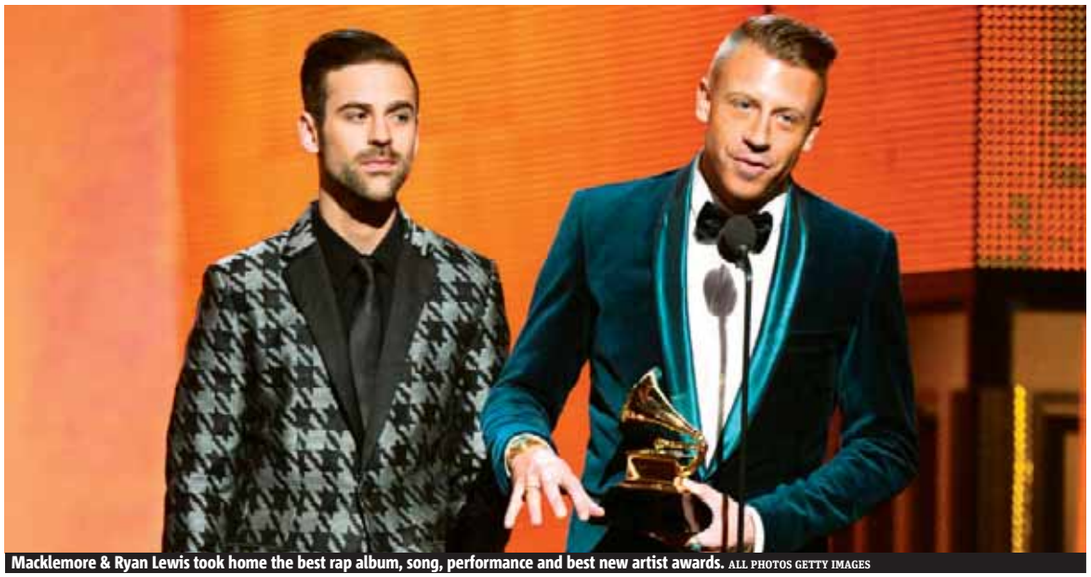
Wow, those white boys sure can rap: Grammys



Macklemore & Ryan Lewis took home the best rap album, song, performance and best new artist awards. ALL PHOTOS GETTY IMAGES

Macklemore & Ryan Lewis, Daft Punk clean up. Drake is apparently the best they never had as he is shut out

Macklemore & Ryan Lewis made off with four trophies — including a sweep of the major rap categories — while Daft Punk hauled in five awards at the 56th Grammy Awards.

The breakout Seattle pop-rap duo behind Thrift Shop and Can't Hold Us trumped competition including Kendrick Lamar, Kanye West and Toronto's Drake — who entered the day with five nominations but lost four of them during the lengthy pre-telecast — to win best rap song, performance and album before claiming best new artist.

The wins for Macklemore & Ryan Lewis might have heralded a big night for hip-hop, although the victories for the pop-leaning duo over more critically acclaimed works from Lamar, West and Drake were bound to generate controversy in rap circles.

But the pair were edged out by the critically beloved French dance duo Daft Punk, who won five Grammys including best dance/electronica album and album of the year for their influential Random Access Memories. best pop/duo group performance for their summer-stealing Pharrell Williams collaboration Blurred Lines, and record of year for Get Lucky.

Beyoncé and Jay-Z opened up the awards with their first Grammy performance together in years. ALL PHOTOS GETTY IMAGES

As usual, the pair took the stage clad in huge metal helmets and refused to speak, leaving Williams to do the talking.

Beyoncé opened the show with her new single Drunk in Love. She kicked off the broadcast with steam-sopped hair, cavorting suggestively around a chair before a tuxedoed Jay-Z bopped onstage and led his partner down the stairs by the hand, serenading her with his guest verse. Later, Jay-Z also delivered one of the evening's most charmingly shambolic acceptance speeches after winning best rap/sung collaboration for his Justin Timberlake hookup Holy Grail. After thanking songwriter The-Dream and Timberlake and "all the typical things," he addressed Beyoncé in the audience.

Music's favourite robot duo Daft Punk accept the best pop duo/group performance award for Get Lucky. They won five awards in total.

"I want to thank God — a little bit for this award, but mostly for that and all the universe for conspiring (and) putting that beautiful light of a young lady in my life," he said before hoisting the Grammy up. "I want to tell (daughter) Blue that, look, daddy got a gold sippy cup for you."

New Zealander Lorde won an award for best pop solo performance and song of the year. Elsewhere, Adele claimed her 10th Grammy — this time best song written for visual media for her Skyfall theme — while Rihanna picked up her seventh.

The Grammys also included a reunion of the two surviving members of the Beatles as Paul McCartney and Ringo Starr joined forces for Queenie Eye, with the former seated at a brightly coloured piano at centre stage while Starr gamely slammed away on the drums behind him. The cameras captured Yoko Ono swaying to the music in the crowd.

THE CANADIAN PRESS

Online

For more coverage and a complete list of winners, visit metronews.ca

Red carpet hotties

Taylor Swift, looking sensational in silver.

Pharrell's OV Mountie-style fedora — or is that Phedora — was the star of the show. It had its own Twitter handle in minutes, with companies like Gain and Arby's trying to horn in on the attention.

Madonna and her son David, in a throwback to her Open Your Heart video, with a bit of a nod to the late, great MJ.

Katy Perry hits the right note in this dress by Valentino.

SCENE

Ebooks

Spirit Rising

By. Angélique Kidjo & Rachel Wenrick

Kindle/iBooks/Kobo

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Recipes and mp3s add a friendly interactive touch to this charming autobiographical tale of a restless girl in West Africa whose childhood of python festivals and Aretha Franklin records helped nurture her rise into a jazz superstar and advocacy icon. Kidjo is such a playful storyteller; it's a shame the ebook has so few clips of her expressing her personality.

And that's a wrap, Sundance

Festival highlights. This year's edition of the Park City fest was overflowing with exciting indie fare

Most viewers see desperation when Steve Buscemi buries a briefcase full of cash in a snowdrift in Fargo, the 1996 Coen Bros. fictional crime satire.

Not 29-year-old Kumiko (Rinko Kikuchi), the sad dreamer of Kumiko, The Treasure Hunter. She sees opportunity, a chance to reboot her dull life as a Tokyo office tea server by finding the fortune she's certain lies waiting for her in America. She repeatedly watches a faded VHS copy of Fargo, searching for clues and planning an expedition. She calls herself a modern version of the Spanish Conquistadors, who sought gold in the New World.

Kumiko's unique vision makes for humour and pathos in David Zellner's film, one of the standouts at the 2014 edition of the Sundance Film Festival in Park City, Utah, which ended Sunday.

Film festivals pride themselves on presenting unusual viewpoints. But Sundance 2014 was particularly adept at this, premiering exciting works by indie filmmakers that subverted expectations and genre formulae.

This began right from Day 1, Jan. 16, with Damien Chazelle's Whiplash, the story of a promising 19-year-old drummer (Miles Teller), whose aspirations to be the next Buddy Rich are put to the test by a despotic music teacher (J.K. Simmons). What could have been just another coming-of-age saga becomes something altogether superior as both main characters confront the elusive concept of what it means to achieve something beyond the ordinary.

An abundance of quirk is another feature of fests like Sundance and at first blush it looked like Lenny Abrahamson's Frank would be Exhibit A for the prosecution. It stars Michael Fassbender as the gifted yet weirdly demanding leader of an avant-garde rock band, who insists on wearing a giant plastic head at all times. Domhnall Gleeson plays a songwriting wannabe who joins the band.

Boyhood was 12 years in the making. CONTRIBUTED

And last Sunday night at the Eccles Theatre, the largest Sundance venue, was the world premiere of Richard Linklater's Boyhood. Twelve years in the making and running the better part of three hours, the film follows the boy-to-adult transitions of a Texas lad named Mason, played by Ellar Coltrane, who was just 6 years old when filming began in 2002. Boyhood follows the highs, lows and in-betweens of Mason's life with his family and estranged parents, played by Ethan Hawke and Patricia Arquette. The main characters all had to commit to filming for several days during each of the 12 years Linklater was making the film. It's remarkable enough to see Coltrane age before our astonished peepers, but Linklater makes it even more of a trip by eschewing standard date indicators. We're swept up in the organic flow of life, in a film that ranks as the highlight of Sundance 2014.

TORSTAR NEWS SERVICE

Canadians rule at Slamdance

Down the road at the rival Slamdance Film Festival, Canadian filmmakers were making a big impression this year, especially when it came time to hand out prizes. There were four Canuck winners, two features and two shorts: Mark Raso's road-trip dramedy Copenhagen took the Audience Award for Narrative Feature; Matthew Bauckman's and Jaret Belliveau's superhero wannabe doc Elliot took the Jury Award for Documentary Feature; Ian Lagarde's cusp-of-adolescence short Daybreak won the Jury Award for Narrative Short; and Simon Mercer's rural mind trip Glass Eyes of Locust Bayou took the Jury Award for Documentary Short.

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People from normal childhoods with normal lives don't end up homeless. Dave disagrees.

(Dave, in shelters for 12 years)

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METRO DISH

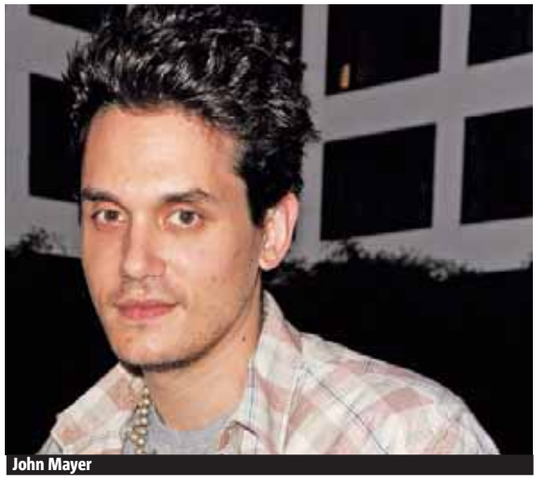
OUR TAKE ON THE WORLD OF CELEBRITIES

Justin Bieber. ALL PHOTOS GETTY IMAGES

Justin's ex-housekeeper no longer a Belieber

He may be out of jail, but Justin Bieber isn't out of the woods just yet. In fact, a former housekeeper is worried it's all downhill from here. "I'm terrified he'll become the next Michael Jackson. If he doesn't act now I will hear one day that he has passed away. It is heartbreaking," Tatiana Voziouk tells Britain's Sunday People. "The drugs and hangers-on are turning Justin into a zombie." Voziouk, who began working for Bieber in 2012 and was recently let go, says she witnessed plenty of prescription drugs, marijuana and other substances on the premises.

"I was always picking up joint butts and stubs from the kitchen, lounge and pool area where they had been thrown," she says, adding that she'd voiced concerns about Bieber's decline to his mother and manager, but to no avail. "Justin was once a sweetheart — kind, considerate and a talented boy, and now I am concerned for him," she says. "He's now a lost boy."



John Mayer

Go forth Mayer, you have Aniston's blessing

John Mayer doesn't need to worry about any residual anger from ex-girlfriend Jennifer Aniston when it comes to his blossoming romance with Katy Perry, according to Radar Online. "Jen and John have stayed friends. They're not super-close at the moment, but Jen has said she likes the John-Katy pairing a lot and wants to see them start a family together," a source says. "Of course, Jen is in such a good place with her own relationship that she can get away with being magnanimous. But when she was single, she didn't want to hear a thing about John's hook-ups, and to his credit he kept his personal life pretty low-key for the two years after they broke up."

Blanchett blames Golden Globes speech on the booze

If Cate Blanchett's Golden Globes acceptance speech was a bit irreverent or off-kilter, she has a perfectly good reason. Also, she doesn't quite remember what she said, if anyone has a transcript handy. "Unfortunately, my category came up rather late in the evening, so I was a couple of sheets to the wind," she tells the Telegraph. "Once your name is read out, it's a high like no other so I can't remember a lot. I hope I didn't do too many things I'll regret."

Cate Blanchett

Pop goes the week

Thanks for the mental images Jen and Ben!

STARGAZING
Malene Arpe
scene@metronews.ca

Jennifer Lawrence talks "armpit vagina" at the SAG Awards and Ben Affleck jokes about his penis size at the PGA Awards. They were both immediately nominated for the TMI Awards.

Bachelor Juan Pablo Galavis says that a gay version of The Bachelor would be perverted and could harm children. Then he goes back to groping drunken strangers in hot tubs for money while talking about his daughter.

This week in stripping. 1) Magic Mike's Joe Manganiello is considering becoming a partner in a male strip club. 2) Justin Bieber spends some $75,000 US at a Miami strip club. 3) Mark Ruffalo says that he really wants to do a stand-alone Hulk movie.

Katy Perry says that she fervently prayed for really big boobs when she was a kid. Well, I for one have just been miraculously cured of my atheism.

Dennis Rodman goes to rehab. Presumably for everything.

Victoria Beckham says that "I won't ever do it again" when asked about a Spice Girls reunion. Interestingly, she said the exact same thing when asked about smiling and eating lunch.

Book excerpt

Go ahead, teen, make my day

What teenager ever wanted to do something that their parents are allowing them to do? I decided there are a few things we should give our teenagers "permission" to actually do:

• Smirking and eye-rolling are Pediatric Association–approved methods ... of improving connectivity to the part of the brain that controls trigonometry. Carry on!
• Don't speak with clarity and respect. Grunting with an air of condescension and annoyance can actually soothe the vocal chords.
• Get at least eight hours of screen time per day. Continued exposure to alternative methods of entertainment, such as street hockey, swimming, cycling, and running, can result in unsightly muscles and toned legs, and take away from the challenge of piercing a particularly thick area in the midsection.
• Sleep only during daylight hours. Prolonged exposure to sunlight makes you more attractive to the opposite sex . . . who will just get in the way of fitting in your eight hours of screen time.

Once they have permission, these acts will suffer from omission, in my experience. EXCERPTED FROM KATHY BUCKWORTH'S I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS, MCCLELLAND & STEWART, 2013. AVAILABLE AT BOOKSTORES EVERYWHERE.

Exclusively online

Read the latest Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious, best-selling book Reasons Mommy Drinks, at metronews.ca/voices.

Hide the iPad, lie about fast food

Parenting. The small deceits and hidden vices of raising kids

Shannon McCormick, left, cutting up a tomato for her four-year-old daughter Sophie Chapman. Although not fond of tomatoes, McCormick keeps that fact from her daughter, who loves them. ROBERT LEITCH, THE MEDIA SOURCE/ THE ASSOCIATED PRESS

Mom Shannon McCormick loves fruits and vegetables and wants to pass that on to her four-year-old, but her resolve is tested when she encounters her nemesis: the tomato.

"Tomatoes are my kryptonite. My daughter loves them and I don't want to even suggest that they're anything less than delicious," said McCormick, in Columbus, Ohio.

That's why she choked down a chunk when her child stabbed it with a fork and held it to her lips a few months back.

"I just sat there and looked at her and thought, 'Well, I just have to do this,"' McCormick recalled. "I swallowed it whole."

Kids, parents are people, too. Remember that when you're older and learn of all the little things yours hid from you. Absent serious crimes and misdemeanours, you'll live to tell about it. Consider such moments great family stories and decide for yourselves whether you want to carry on the time-honoured tradition of hidden vices and small deceits in parenting.

"I've been hiding Twinkies under the front car seat since my first kid was in diapers," said Genevieve West, a stay-at-home mom of three in Portland, Ore. "Now that she's 12, my husband and I hide all evidence of our Starbucks trips or Thai takeout so we don't suffer her wrath."

Fast food was also a problem for Katrina Olson in Urbana, Ill.

"My husband abhors it, so when our girls were toddlers and wanted to go to McDonald's, we told them it was closed for cleaning on Tuesdays or Thursdays, or whatever day it happened to be. It worked for several years," she said.

Elisabeth Wilkins in Portland, Maine, is the editor of Empoweringparents.com, dedicated to helping parents change kids' questionable behaviour. But Wilkins is also something else: a third-generation chocolate hider, on the matriarchal side. "My brother and I would find it in the coat closet or the back of the freezer," she said.

Her son is now 11 and inherited that sensitive chocolate nose. "Sometimes I go into the bedroom and shut the door for, like, a half-hour and have a little bit of chocolate, then I'll go rinse my mouth out. Seriously. You feel responsible. You don't want to teach them bad habits. You don't want to teach them your bad habits," she said.

Eli Federman in Miami Beach, Fla., understands. He's the senior vice-president and co-founder of an online start-up that offers flash sales on electronics, but he and his wife quickly realized that handing over an iPad to their daughter before she hit her second birthday was a mistake.

"She was always attracted to the iPhone. When she was around 1 we bought her the mini iPad. We thought because of the kids games that are on there, and because of the learning apps, she could interact," he said.

And interact she did.

"It just got so out of control. Even when she went to sleep she would request it. She'd be in the crib shaking the crib going, 'iPad, iPad, iPad.' She refused to go to sleep without it. There was no moderation. We were, like, we have to get rid of this, but we wanted it for ourselves, so we lock it in the chemical cabinet and wait to use it when she's sleeping or we're out or something," he said. THE ASSOCIATED PRESS

Quoted

"You don't want to teach them bad habits. You don't want to teach them your bad habits."

Elisabeth Wilkins, mom of two
who hides her love of chocolate from her kids by eating it in her bedroom

Internet through kid eyes

A survey of more than 5,400 Canadian kids in grades 4 through 11 found a majority had their own cellphone, while almost one in four of the youngest kids had a mobile device.

The non-profit organization MediaSmarts worked with schools and parents in each province and territory to conduct the survey, which asked kids a few dozen questions about their Internet usage.

It wasn't surprising that nearly 90 per cent of the oldest students have their own cellphone, said MediaSmarts director of education Matthew Johnson.

But it was eye-opening for him to learn that about a quarter of nine- and 10-year-old students had their own device.

"The numbers were definitely higher than we expected at the younger end," said Johnson. "The surprise is definitely in those early three grades (four through six). "

Another surprising finding was how differently boys and girls viewed Internet safety.

"Girls are more likely to agree that 'the Internet is a dangerous place' for them and in general, experience the Internet and the online world as a much more hostile and worrying place," he said.

About 82 per cent of the girls and 63 per cent of the boys surveyed agreed when asked if they thought they could be hurt by online strangers, while 51 per cent of the girls and 61 per cent of the boys said they considered the Internet safe.

Boys and girls view the Internet very differently, according to one survey. ISTOCK

When asked if they're with an adult while using the Internet, 80 per cent said either rarely or never. Among the Grade 4 kids, 30 per cent said usually, 45 per cent said rarely and 20 per cent said never.

"The fact that one in five of the youngest students in this study are saying they're never supervised by an adult ... is definitely worrying," Johnson said. THE CANADIAN PRESS

Be real when tackling your study distractions

Killing habits entirely is ambitious. Switching locations, going for a walk or moving to your favourite song can help break up a long session and make it more tolerable and fun

VICKI SALEMI
Metro World News

Twitter, Angry Birds and intramural volleyball, oh my! Distractions have never been so ubiquitous on college campuses.

This college generation is "wired for and thrives on a constant interrupt cycle," says Caroline L. Arnold, author of Small Move, Big Change: Using Microresolutions to Transform Your Life Permanently.

But trying to shut down all of the interruptions to eliminate distractions may actually be counterproductive. Instead, students need to learn to manage distractions differently.

Arnold, managing director at a leading investment banking firm, recommends limiting the duration, frequency and type of interruptions by making small changes, instead of overhauling habits completely.

Students should examine their own distraction patterns to find the "microresolutions" most likely to have a positive impact on study habits. "A microresolution must be easy, specific and measurable to succeed," Arnold advises.

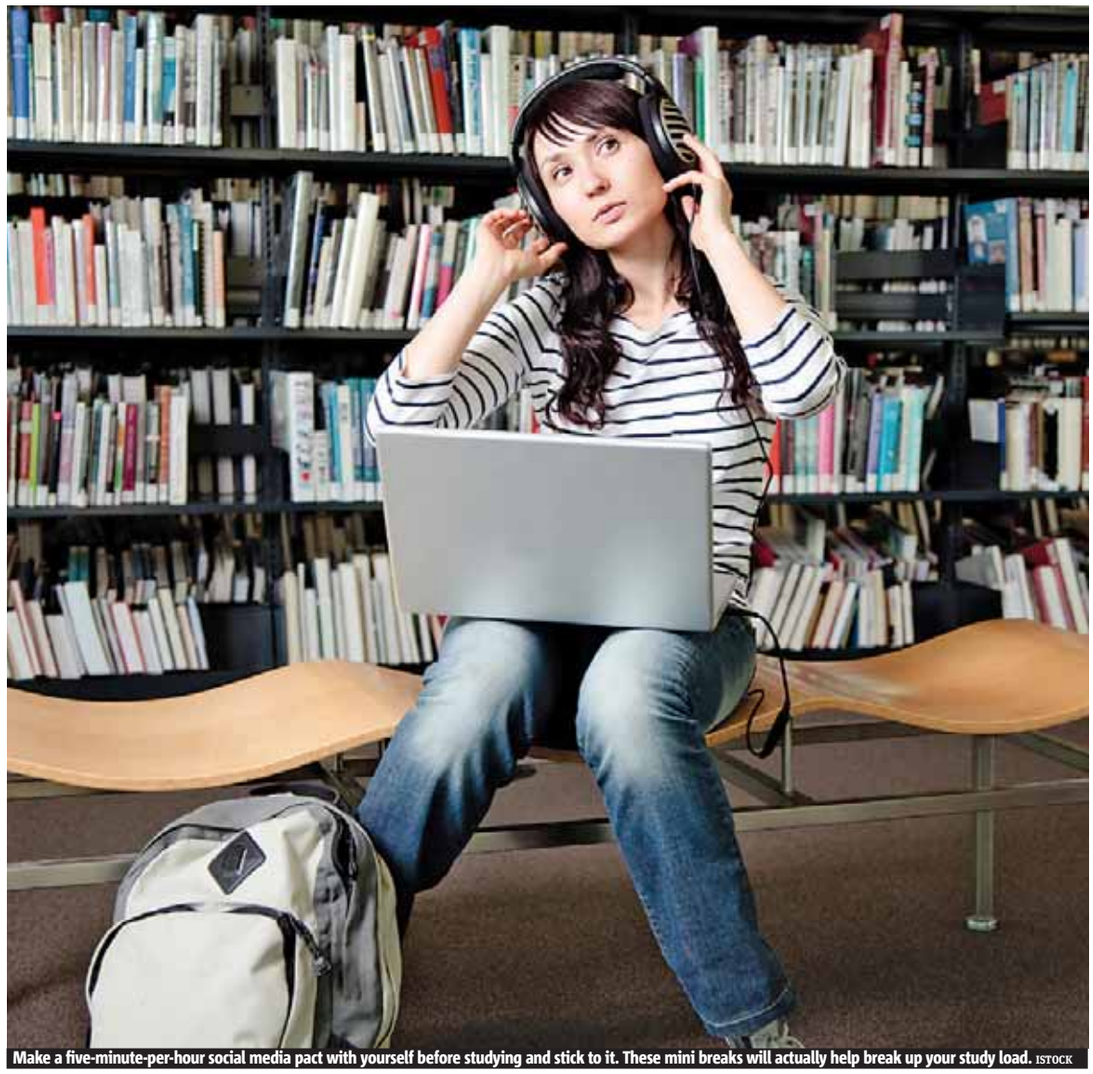
For instance, Arnold recommends taking a 10-minute walk every two hours. "The walk will refresh your head with a change of scenery, exerting physical energy," she says. Plus, walking is meditative and good for problem-solving.

Another option is taking a short break to get your groove on. "Getting up to dance to a couple of numbers every hour is also a great body/brain refresher," Arnold says.

Another self-imposed behavior includes watching the clock regarding social media. One "like" here, one comment there, the next thing you know an entire hour has vanished. Arnold recommends limiting social media to five minutes per session. "Distracting yourself with social media and/or gaming apps actually could help break study impasses and stimulate new thoughts," she says. So instead of eliminating social media altogether, Arnold suggests making a pact prior to starting digging into work to determine the length of the break and how many breaks you'll give yourself each hour. "Commit yourself to living within those limits," she says. "The limits will actually help you enjoy your breaks more, because they won't feel furtive and guilty."

Tips for success

- **Location, location, location.** Change your study location every hour. New research shows that moving locations — even from the desk to the bed or from the bed to kitchen — helps keep thinking sharp.
- **See research through.** Stick to your task online when performing research. Getting sidetracked is inevitable — if you let it. "If you are looking up the year the British quit India, carry through your search with single-minded purpose," Arnold says. Only allow a distraction after that task has been completed.
- **Phone cravings.** Turn off your smartphone for 15 minutes every hour and see how it affects your productivity.



Make a five-minute-per-hour social media pact with yourself before studying and stick to it. These mini breaks will actually help break up your study load. ISTOCK

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The Calgary City Teachers' Convention Association would like to invite the public to a thought-provoking evening on the **Future of Education** featuring Author & Researcher **Joel Westheimer** and Science Broadcaster & Beakerhead Co-Founder **Jay Ingram**. **Thursday, February 13, 2014** from 6:45-9:30 pm (doors at 6:00) in the Macleod Hall at the Calgary TELUS Convention Centre.

Jay Ingram

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Entrepreneurs find a room of their own

Growing trend of coworking. Shared working environments are the 'happy medium' between traditional office and home

When Matthew Dobbie worked from home as a lawyer, often asking his neighbours or the condo's security guard to act as witnesses, he found it bothered some clients that they were meeting in his living room.

"It was awkward," he said. "I probably lost some clients because the setting didn't seem overly professional."

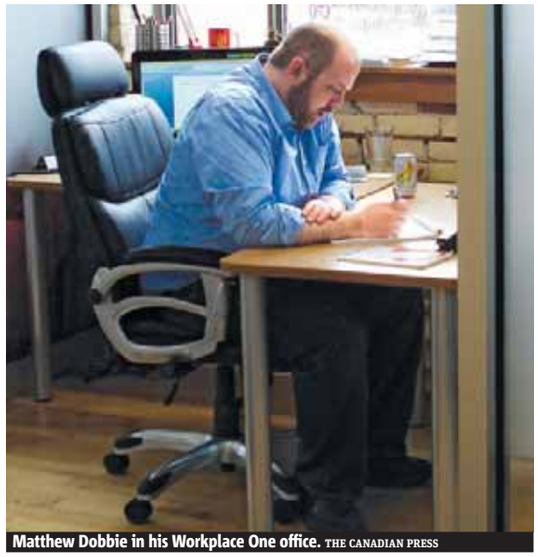
So, when his sister heard about a company that offered coworking spaces for rent, Dobbie looked it up. Soon after he joined Workplace One. The five-storey building, located in downtown Toronto, is one of 20 establishments that offer fully furnished private offices or private desks in open-concept spaces, with shared access to printing services, conference rooms, kitchens and other common social areas included in the rent.

"I get all that at a lower cost than if I were just renting an office on my own," the 33-year-old lawyer said. "It presents a better front. And it's a nice bonus that I have people to talk to."

In a fast-changing economy, coworking is a shared working environment that meets the needs of freelancers, start-ups, work-at-home professionals, independent contractors or mobile workers.

According to the Global Coworking Census, conducted last February by Deskwanted.wordpress.com — a Berlin-based online portal for finding shared workspaces — the number of coworking spaces worldwide in 2013 had reached 2,498. Europe topped the list with 1,160. Canada had 80. By July, the global count had reached 3,000.

Online coworking magazine Deskmag says the first official coworking space opened in San Francisco in 2005. Ashley Proctor, 32, manager of Toronto coworking space Foundery, thinks coworking is a "happy medium" between the traditional office and the isolation of home.



Matthew Dobbie in his Workplace One office. THE CANADIAN PRESS

"You get the best of both worlds — the comforts of home without the distractions of home," she said. "That's the beautiful part."

One of the founding members of CoworkingToronto, a collective established to raise the profile of coworking by working together, said community is the most important aspect of shared workplaces.

"Coworking is not about desk rentals or venue rentals but rather the connections people make with other members and guests in the space," said Rachel Young.

Gil Martinez is a freelance graphic designer who got lonely and easily distracted working from home. In 2011, he became a tenant at Toronto's first coworking space, the Centre for Social Innovation (CSI) in Chinatown, allowing him to get his social fix, and work done.

"Since everyone is there to work on their own stuff, office politics are not a problem," says the 40-year-old. "No one is interested in taking your job, and ... everyone is there to network and make friends."

Some tenants even found love. Edward Nason, 36, and Saara Siddiqi, 35, met at CSI in 2008. On his first day, Nason introduced himself to all the tenants via an email sent from his "hot desk," CSI's name for a temporary desk with unassigned seating. Siddiqi was the only person to respond.

"I think it's just because I sent a picture around," he joked.

Three years later, they got married and threw their wedding reception at CSI.

Dobbie, the lawyer, has been at Workplace One for just three months, but he has already picked up some business from other tenants in the building and plans to extend his six-month contract.

Private offices there range from $525 to $2,000 per month. Coworking on the ground floor costs $225. These two options can also be rented by the day.

By comparison, gross rent for office space in the downtown area ranges from $35 to $60 per square foot.

Workplace One has about 300 members across three locations totalling 75,000 square feet. A new downtown location is due to open in May. THE CANADIAN PRESS

CREDIT CARD AUTHORIZATION ASSISTANT

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- Follow up on customers prepay account outstanding with sales reps

REQUIREMENTS OF THE POSITION:

- 2 to 3 years related experience
- Experience in working in web based programs
- Comprehensive knowledge of Microsoft Office, Excel and Word
- Customer Service Skills
- Ability to multi-task and work in a fast paced environment
- Detail oriented
- Flexible, independent, creative, efficient, entrepreneurial spirited rebel preferred

Interested individuals who possess the skills described above are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than Jan. 31st.

PLEASE QUOTE: "Credit Card Authorization Assistant" in the Subject Line. All submissions will be treated as confidential.

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'Round the world wisdom

Failing fast to succeed will help you in the long run

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Look at failing fast while experimenting as a positive, not a negative. ISTOCK

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

When taking on a new project, consider actively seeking guidance to experiment with new methods, but learn quickly when the ideas don't work for you. When I signed up to run the Gobi six-marathons-in-five-days event, I had neither the know-how nor the expertise needed to successfully prepare. As the discipline of multi-stage running is still in its infancy, there is no set formula for doing so.

Understanding my novice status, I chose to experiment. To build stamina, I started to work standing up, at times doing so for eight to 10 hours a day. I stopped taking elevators. I sold my car and I walked, tethered to a pedometer. Being on my feet helped me when I couldn't train. It worked. Like most people, I was too "busy" to stretch and thought I knew how to run. So I jumped right into my new challenge without instruction, running alone, typically after the kids were in bed. Taking such a leap didn't work and brought me to complete failure within three months, culminating in various injuries. Still, it would turn out to be a blessing — by failing fast I was able to change course just in time to take the starting line.

When taking on a project outside of the familiar, experiment quickly and actively look for feedback. Appreciate failing fast as an asset rather than as a setback, as a slow path to failure usually leads to a permanent stoppage, without any opportunity for a reset. STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

The best companies in the world to work for

And the traits they share. Top employers focus on what workers are passionate about, and offer special rewards

EMILY LAURENCE
Metro World News

Top employers encourage workers' hobbies, such as yoga. ISTOCK

Fortune magazine released their list of the 100 best companies to work for last week, and while the companies probably won't surprise you (Google, Goldman Sachs and Accenture all made the list), there are some commonalities that surface when looking at all the company profiles.

To compile the list, the magazine's editors partnered with the Great Place to Work Institute to distribute surveys to employees at as many corporations as they could; 257 separate firms helped distribute them. The questions pertained to employees' job satisfaction, company credibility and managerial approval.

One commonality the top companies have is offering creative perks. Employees love bragging about things their company offers that their friends' companies probably don't, such as encouraging volunteer work through company organized trips (Google), an on-site health centre (SAS) or special rewards for employees who put forth extra effort. (Top sellers at Salesforce.com received a two-week trip to Bhutan.) If you think your company can't afford to offer cool perks, you're wrong; it just takes a little creativity. Public recognition at annual company meetings praising people who go above or beyond; company parties during big TV events like games or award shows; or surprising an employee once a month with a free car wash are just a few low-cost ways to boost moral.

Something else the 100 best companies to work for have in common is that they provide ways for employees to do what they're really passionate about. Whether it's through on-site yoga classes or carving out time for volunteering or company sports teams, taking employees' interests into account goes a long way. Thirdly, employees really value companies where they see people moving up the ladder internally as a reward for their hard work.

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REQUIREMENTS OF THE POSITION:
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- Proficient on both Mac and PC platforms
- Ability to prep files for print production, including file stuffing (.zip, .sitx, .sit, .sea) and FTP experience
- Professional, personable, approachable with great communication skills (both verbal and written)
- Ability to thrive under pressure in a fast paced, multi-faceted and deadline driven environment with strong attention to detail (typography, copy, grammar, layout, images, colour, etc)
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- 3+ years design experience within a media environment

Interested individuals who possess the skills described above are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than Jan. 31, 2014.

PLEASE QUOTE: "Graphic Designer - Calgary" in the subject line.
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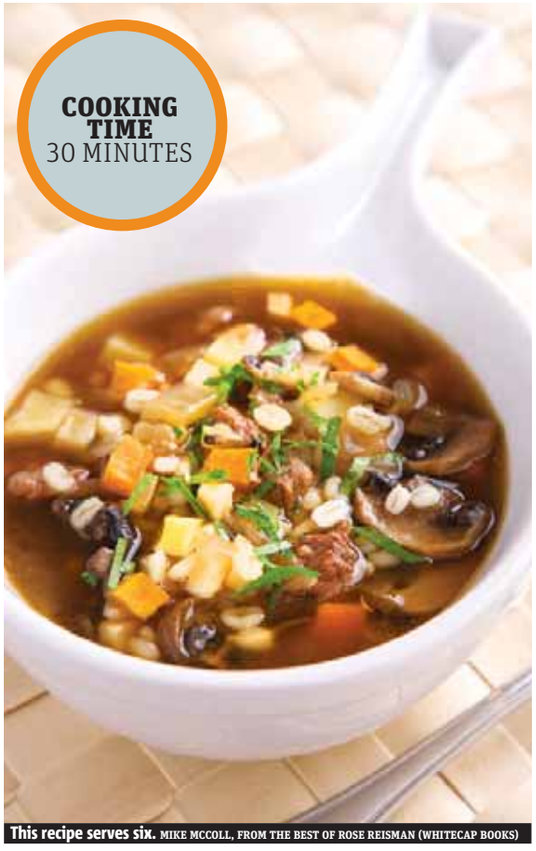


This recipe serves six. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

From the roots up: Beef Barley Soup gets earthy

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Beef barley soup is the most comforting soup you can eat during the winter months.

Traditionally it is a classic soup made with stewing beef, carrots, celery, onion and tomatoes.

But in my version I have used root vegetables, which make all the difference. I also love it because it's a one-pot meal. You have protein, vegetables and grains.

Stewing beef is one of the leanest meats you can buy, but it is not as tender. That is why you tenderize the beef by adding it to a simmering soup. You want large cuts of meat from either the front shoulder or the rear end such as chuck, bottom round, pot roast or top round.

Barley has a rich nut-like flavor and a tasty, chewy pasta-like consistency. It is a good complex carbohydrate loaded with fiber, manganese and selenium.

Feel free to experiment with other root vegetables of your choice. This type of vegetable is also great as hearty side dishes or vegetarian mains. A good mixture of root vegetables always works because they pair so nicely, but putting the spotlight on sweet potatoes, for example, will also please everyone at your table.

The soup can be made two days in advance. All you'll have to do is add more stock when reheating. It also freezes well and is great for leftovers with a thick slice of bread.

Directions

1. Dust the beef with flour. In a large skillet sprayed with vegetable oil, sear the beef just until browned on all sides (about 3 minutes). Set aside.

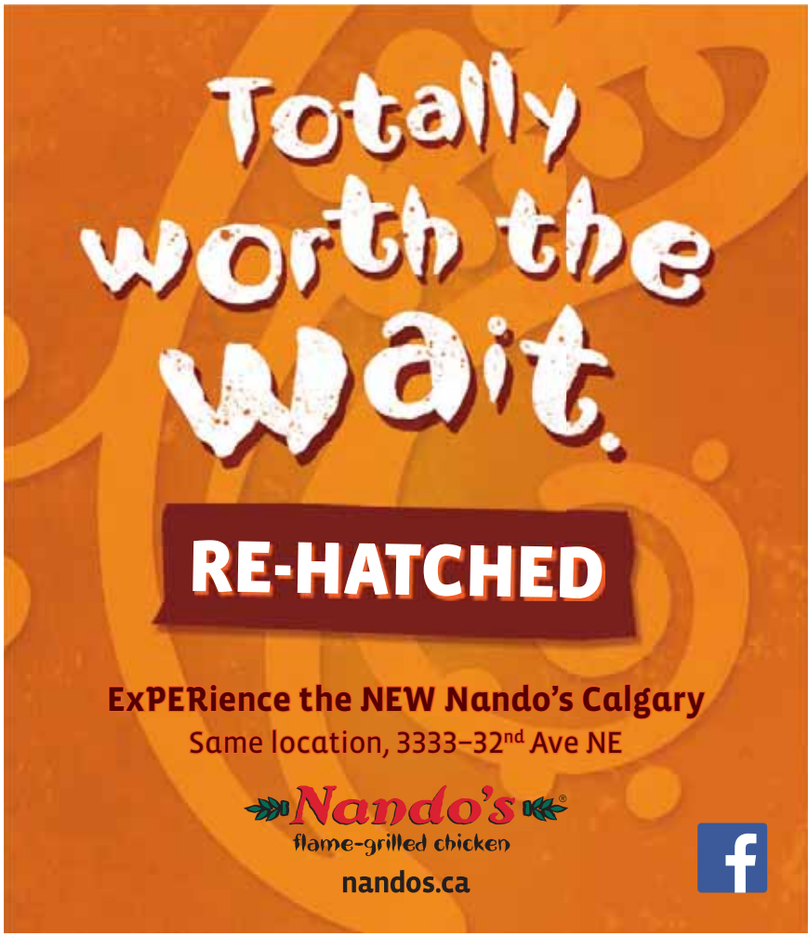
2. In a large saucepan, add the oil and sauté the onions with the garlic over medium heat for 5 minutes. Add the mushrooms and sauté for 5 minutes or until no longer wet. Add the potatoes, sweet potatoes, parsnips, beef stock and barley, cover and simmer for 25 minutes or until the beef is tender and the barley is cooked. Add the Worcestershire sauce and salt and pepper.

3. Ladle into individual bowls and garnish with parsley. THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

FLASH FOOD
From your stove to your table in 30 minutes or less

Ingredients

- 8 oz stewing beef, cut into small cubes
- 2 tbsp all-purpose flour
- 2 tsp vegetable oil
- 1 1/2 cups diced onions
- 2 tsp crushed garlic
- 2 cups sliced button mushrooms
- 3/4 cup diced potato
- 3/4 cup diced sweet potato
- 3/4 cup diced parsnip
- 4 cups low-sodium beef stock
- 1/4 cup pearl barley
- 1 tbsp Worcestershire sauce
- pinch of salt and pepper
- 1/4 cup chopped parsley



The tortilla treatment

This Chicken Tortilla Soup recipe serves six. THE CANADIAN PESS

1. In a large saucepan, heat oil over medium heat; add onion and cook until softened, about 3 minutes. Add red and jalapeno peppers; cook for 5 minutes, stirring often. Stir in garlic, cumin, oregano and chili powder; cook for 2 minutes, stirring often.

2. Stir in tomatoes and broth; bring to a boil. Reduce heat, cover and simmer for 20 minutes.

3. Stir in chicken and corn; simmer, covered, until corn is tender, about 2 minutes.

4. Just before serving, stir in lime juice, sugar, salt and pepper. Ladle into bowls and garnish with coriander and corn chips. THE CANADIAN PRESS/ FOODLAND ONTARIO

Ingredients

- 30 ml (2 tbsp) vegetable oil
- 1 onion, chopped
- 1 sweet red pepper, diced
- 1 jalapeno pepper, seeded and minced
- 2 cloves garlic, minced
- 5 ml (1 tsp) each ground cumin, dried oregano and chili powder
- 3 plum tomatoes, peeled and chopped
- 1.5 l (6 cups) sodium-reduced chicken broth
- 500 ml (2 cups) diced or shredded cooked chicken
- 250 ml (1 cup) corn kernels
- 30 ml (2 tbsp) fresh lime juice
- Pinch granulated sugar
- Salt and pepper, to taste
- 30 ml (2 tbsp) chopped fresh coriander
- Small corn chips

X Games

Turski golden in ski slopestyle

Canada's Kaya Turski captured her fourth Winter X Games gold medal in women's ski slopestyle Sunday.

The Montreal native, who was competing just five months after having knee surgery on her anterior cruciate ligament, scored 91.33 on her second run to cruise to first place.

That placed Turski ahead of American Maggie Voisin and teammate Kim Lamarre of Quebec City.

Dara Howell of Huntsville, Ont., finished fourth while Yuki Tsubota of Whistler, B.C., was eighth.

THE CANADIAN PRESS

Women's ski jumping

Calgary trio hopes to go the distance in Sochi

Atsuko Tanaka, Alexandra Pretorius and Taylor Henrich were named to Canada's Olympic women's ski jumping team Sunday ahead of the sport's Winter Games debut next month.

The three Calgary natives will compete after the sport was skipped by the Vancouver Games in 2010 but later included on the program for Sochi, Russia.

The fight to include women's ski jumping prior to Vancouver went to the courts only to have the Supreme Court of Canada rule against the athletes' appeal in 2009.

The women's ski jumping competition begins Feb. 11 at the RusSki Gorki Jumping Center.

THE CANADIAN PRESS

Canada's Kaillie Humphries, right, and Heather Moyse won the overall two-woman bobsled World Cup title on Sunday. MATTHIAS SCHRADER/THE ASSOCIATED PRESS

Humphries back on top of the world

Bobsled. Calgary native wins second overall World Cup title in two-woman event

Kaillie Humphries edged Elana Meyers of the United States by the slimmest of margins Sunday for the overall women's World Cup bobsled title.

The Calgary native finished with 1,629 points, one more than Meyers. If Humphries — the Olympic champion and now a two-time overall World Cup winner — was 0.03 seconds slower Sunday, Meyers would have won the title.

Humphries and Heather Moyse of Summerside, P.E.I., finished with three World Cup victories, one silver and one bronze medal.

One of the most explosive teams out of the start, the pair set a new women's start record in Konigssee at 5.17 in both runs.

"Kaillie crushed everyone in that first run and I thought she was going to cruise to a win today," said head coach Tom De La Hunty. "But she made a mistake on that second run and when you make a mistake in a snowy race it pays you back double."

Fabienne Meyer and Tanja Mayer of Switzerland won the last race of the season in a two-run time of one minute 44.01 seconds. Meyers and Aja Evans climbed six spots after the second run to finish second, just ahead of Humphries and Moyse.

THE ASSOCIATED PRESS

Making the podium

Canada also won bronze in the four-man race. Lyndon Rush of Humboldt, Sask., Lascelles Brown of Calgary and Edmonton's David Bissett and Neville Wright finished two runs in 1:38.84.

McMorris hits speed bump on road to Sochi

Mark McMorris soars to second place in the men's snowboard slopestyle at the Winter X Games in Aspen, Colo. DOUG PENSINGER/GETTY IMAGES

Regina's Mark McMorris is taking home a silver medal and a fractured rib from Saturday's slopestyle event at the Winter X Games.

McMorris caught his snowboard on the lip of a rail and went sliding down the bar before landing hard on the snow on his third and final run of the day. He stayed on the ground for a few minutes before riding down the hill under his own power.

"I whacked my side and I lost my breath," said McMorris, who was treated and released from the hospital, where X-rays showed he had a fractured rib but no other damage.

"I lost my focus. It's too bad because I really wanted to do stuff here."

McMorris, the gold-medal favourite heading into Sochi next month, said in a statement that despite the injury, he still has his sights set on Russia, where slopestyle will make its Olympic debut.

"After thorough discussions with my team of doctors and a number of medical specialists, and my physical therapist and coaches, I will continue as planned with travelling to Europe (Sunday) and recovering for the Olympics," he said.

"While I'm sore, I'm continuing on my road to Sochi."

THE CANADIAN PRESS

Two weeks away

"While I'm sore, I'm continuing on my road to Sochi." Mark McMorris

4 SPORTS

NBA

Heat on top again in Finals rematch

Chris Bosh scored 24 points on 9-for-10 shooting, LeBron James added 18 points and the Miami Heat rolled past the San Antonio Spurs 113-101 on Sunday in an NBA Finals rematch from last season. THE ASSOCIATED PRESS

PGA

Stallings breaks free from pack on final hole for win

In a tournament that was up for grabs, Scott Stallings hit a 4-iron worthy of a winner Sunday in the Farmers Insurance Open.

Stallings was in a five-way tie for the lead when he hit his second shot on the par-5 18th hole as hard as he could. It was enough to barely clear the water, and he took two putts from 40 feet for birdie and a 4-under 68 at Torrey Pines.

That was enough for a one-shot victory when no one could catch him.

Graham DeLaet of Weyburn, Sask., made birdie on the last hole to tie for second. THE ASSOCIATED PRESS

Scott Stallings earned his third PGA Tour victory at the Farmers Insurance Open on Sunday. GETTY IMAGES

NFL

Manning says he's not ready to ride off into sunset

Peyton Manning might not be ready to call it a career even if he leads the Denver Broncos to a Super Bowl victory over the Seattle Seahawks.

Manning and the AFC champion Broncos arrived in New Jersey on Sunday night for the start of preparations for the big game next week at MetLife Stadium.

The Broncos quarterback, at a news conference aboard the Cornucopia Majesty cruise ship, says he has no plans beyond next Sunday's Super Bowl, but adds that as of now, he "certainly" wants to continue playing. THE ASSOCIATED PRESS

Rangers hit one out of the park

NHL. Blueshirts channel Yankees in second-period barrage to down Devils in Stadium Series game

After sun reflecting off the ice delayed the first hockey game at Yankee Stadium, the New York Rangers and pinstriped goalie Henrik Lundqvist beat the New Jersey Devils 7-3 in snow and cold Sunday.

Rick Nash scored for the fifth straight game, and the New York Rangers used a four-goal second period to take the lead for good.

The Devils led 1-0 and 3-1 in the first, but New York got within one before intermission and then swarmed future Hall of Fame goalie Martin Brodeur.

After Dominic Moore and Marc Staal had goals in the first for the Rangers, Mats Zuccarello scored two straight to put New York ahead for the first time. Carl Hagelin and Nash found the net, too, behind the beleaguered Brodeur, who angrily swatted the puck away after one of the tallies.

Nash has seven goals in his streak and 18 this season.

A day after the Los Angeles Kings and Anaheim Ducks played in 15 C weather at Dodger Stadium, the NHL returned to conditions more fitting for hockey.

Lundqvist, who sported stylish pinstriped pads for the occasion, stumbled through a difficult first but settled down and made 19 saves.

The teams played through the second period as the snow started and increased in intensity, not long after they were forced to wait around an extra hour to drop the puck because of bright sunshine that created a dangerous glare on the ice.

The temperature was -4 C when the first puck dropped at 1:41 p.m. in front of a sell-out crowd of 50,105. THE ASSOCIATED PRESS

Battle of New York

Yankee Stadium's second hockey game will take place on Wednesday night when the Rangers will again be the road team in a matchup with the New York Islanders.

Brad Richards of the Rangers celebrates scoring against Devils goalie Martin Brodeur at Yankee Stadium on Sunday in New York City. BRUCE BENNETT/GETTY IMAGES

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Horoscopes

♈ Aries
March 21 - April 20
You will find it easier to be assertive this week but that does not mean you can order people around for the fun of it. Try to work harmoniously with those who share your aims.

♉ Taurus
April 21 - May 21
You have been worrying about something for no reason and what happens over the next few days will convince you that you have in fact been rather lucky. That luck will continue as someone makes you an offer you won't want to refuse.

♊ Gemini
May 22 - June 21
Listen to your instincts today because they are sharper than ever. If your inner voice tells you one thing while the so-called experts tell you another, you can bet they have got it wrong.

♋ Cancer
June 22 - July 23
Current cosmic activity makes you sensitive to changes, to the extent that you will sense when something is about to happen hours before it actually occurs. With that kind of advantage how can you possibly fail?

♌ Leo
July 24 - Aug. 23
If you work with the planets this week, you will find ways to shape your destiny. If you work against them your destiny will still change but maybe not in ways you feel comfortable with.

♍ Virgo
Aug. 24 - Sept. 23
Why merely fantasize about being where family and financial worries play no part when, with a little bit of effort, you can make it happen? Stop thinking and start acting.

♎ Libra
Sept. 24 - Oct. 23
You have been avoiding making some kind of decision but the time is rapidly approaching when you must act swiftly. You know what has to be done, so quit stalling and get busy.

♏ Scorpio
Oct. 24 - Nov. 22
Don't do something just because it is forbidden today. It may be fun breaking the rules but it could be costly. Risks are allowed but they must be of the calculated variety. Anything else is asking for trouble.

♐ Sagittarius
Nov. 23 - Dec. 21
Your main task over the next few days is to find ways to fulfill your obligations, while still having fun socially. For best results, steer clear of extremes and steer clear of people who bring out the worst in you.

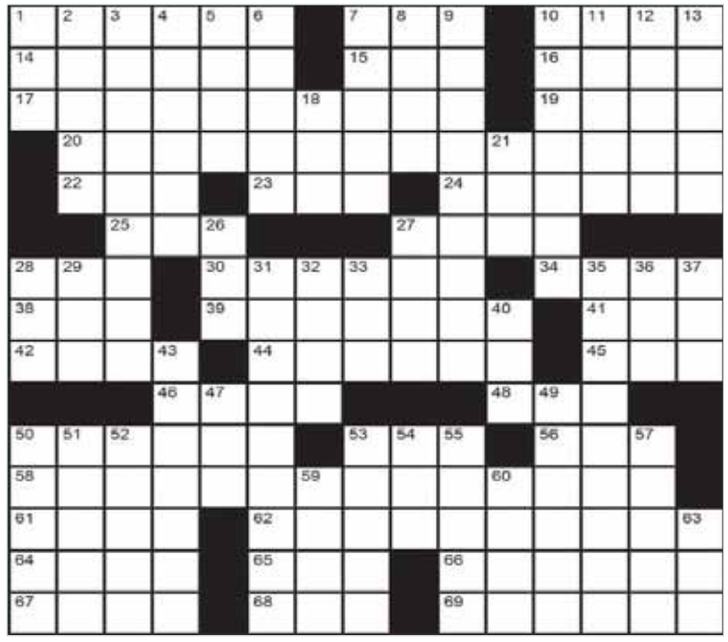
♑ Capricorn
Dec. 22 - Jan. 20
Try to be less suspicious when dealing with people on a professional level. That kind of attitude is self-fulfilling. If you think everyone is a shark then that is the kind of person you are going to attract.

♒ Aquarius
Jan. 21 - Feb. 19
The trend that dominates your life at the moment is positive, so stop trying to change things and go with the flow. Some events may seem negative to begin with this week but they will have positive results.

♓ Pisces
Feb. 20 - March 20
A quick decision isn't always the best, so stop worrying you're being left behind and need to catch up. You're where you need to be and don't need to change a thing. SALLY BROMPTON

Crossword: Canada Across and Down

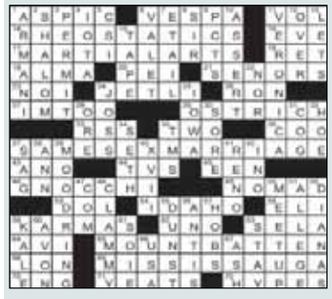
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Scoots
7. Segment, shortly
10. Aria in Verdi's opera Rigoletto: "__ nome"
14. Mr. Borgnine
15. Cellular stuff
16. Mary Kay rival
17. Northern Alberta community near the BC border: 2 wds.
19. Ms. Moreno
20. Canadian band for Shaun Verreault, Safwan Javed and Gordie Johnson: 3 wds.
22. 'Client' completer
23. Pics-taker of the stars
24. Eastern Townships ski resort, Mont __
25. Gladiator's 1550
27. Ploy
28. Podded plant
30. Toronto-born musician, Rik __
34. Skim
38. Prefix with 'cycle'
39. Reality TV producer Mark
41. Past
42. Salon products
44. Body of water for Moses: 2 wds.
45. Novel
46. Hints
48. Central
50. Ms. Fawcett
53. Halifax hrs.
56. Patty Hearst's kidnappers [acronym]
58. Historic Toronto accommodation for TV show guests: 3 wds.
61. Language of Pakistan
62. The Who's "Out here in the fields..." song: 2 wds.
64. 'Social' suffixes
65. Leandro's beloved
66. Backtrack to a happening
67. Covers roads
68. Internet hookup, commonly
69. Actor Nick's surnamesakes

Down
1. Hugh Jackman's wife, to Hugh
2. "What __ __ fighting for?" - Robert Service
3. Letter sent in an envelope: 2 wds.
4. Did a Border Collie's job
5. 'Opal' suffix
6. Postage
7. Wither: 2 wds.
8. "How could _ __?" (It was hard to refuse)
9. Canadian coffee roaster since 1919: 2 wds.
10. Wine-holding containers
11. Dispatch boat
12. Tilt-__ aircraft
13. "...so __ __ so forth."
18. Jennifer Lopez's first hubby, Ojani __
21. Bride's new title
26. Beirut's locale [abbr.]
27. Paths, for short
28. Certain canine
29. Compass point
31. Flipped-from-the-wall retro mattress: 2 wds.
32. Military food packets, commonly
33. Terminate
35. Like many a romantic dinner
36. Birthday number
37. Immediately
40. __-o'-shanter
43. Waltz composer, Johann __ (b.1804 - d.1849)
47. 'President' suffix
49. U2's "_ __ Haven't Found What I'm Looking For"
50. Produce product
51. Major artery
52. Actress Winona
53. Tree, in Spain
54. Style of music
55. "Every Rose Has Its __" by Poison
57. Pain relief brand
59. Paddles
60 Nabisco cookie
63. "Affirmative."

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

				7		4	6	5
		3						8
	9				2		1	
			8			1		
5	8		1		6		9	2
		4			3			
	4		7				8	
1						2		
2	7	9		3				

Friday's Sudoku

9	1	8	4	2	3	7	5	6
7	4	3	5	6	8	9	2	1
5	6	2	1	7	9	8	3	4
4	9	5	3	8	7	1	6	2
1	2	7	9	5	6	3	4	8
8	3	6	2	1	4	5	9	7
3	7	4	8	9	2	6	1	5
2	8	1	6	3	5	4	7	9
6	5	9	7	4	1	2	8	3

Weather

TODAY	TUESDAY	WEDNESDAY
MAX: -11° MIN: -16°	MAX: 4° MIN: -14°	MAX: 1° MIN: -11°

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